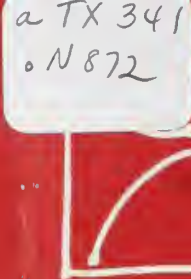


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WEIGHT CONTROL AND OBESITY

Newsletters or Magazine Articles (in order by year)

"But I eat like a bird." *Tufts University Diet & Nutrition Letter*, 11(1):1. March 1993.

"An FDA guide to dieting." Reprint. *FDA Consumer*, June 1993. Available from Consumer Information Center, 3D, P.O. Box 100, Pueblo, CO 81002. (719) 948-3334.

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"The danger zone." C. Bialkowski. *Weight Watchers Magazine*, 25(8):54-5. Aug. 1992.

"Programs for weight loss not proven beneficial." Community Nutrition Institute. *Nutrition Week*, 22(13):6. April 3, 1992.

"...Consult a physician before starting any weight loss..." Kathryn Kolasa, Ann Connor Jobe, and Cynthia Dunn. *Nutrition Today*, 26(6):25-31. Nov./Dec. 1991.

"The dangers of dieting range from dry skin to death: what to do." Robyn Flipse. *Environmental Nutrition*, 14(1):1, 7. Jan. 1991.

"Implementing a weight management program: an interview with John Foreyt, Ph.D." Celia J. Topping. *Nutrition News*, 54(1):1-2. Spring 1991.

"Losing weight with real food." Lee Randall. *Weight Watchers Magazine*, 24(6):20, 22. June 1991.

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"Weight control: give up dieting so you could lose weight." *University of Texas Lifetime Health Letter*, 3(6):4-5. June 1991.

"The rise and fall of Cal-Ban 3000." Stephen Barrett. *Nutrition Today*, 25(6):24-8. Dec. 1990.

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"Winning at the weight loss game: choosing the right program." Cathy Cappellano. *Environmental Nutrition*, 13(12):3. Dec. 1990.

"The wonder years." Ruth Papazian. *Weight Watchers Magazine*, 23(2):14,18. March 1990.

Pamphlets (in alphabetical order by title)

Exercise and Weight Control. The President's Council on Physical Fitness and Sports. 1993. 15 p. Available from The President's Council on Fitness and Sports, 701 Pennsylvania Avenue, N.W., Suite 250, Washington, DC 20004. (202) 272-3421.

Facts about Weight Loss Products and Programs. Federal Trade Commission, Food and Drug Administration, National Association of Attorneys General. 1992. Available from Dept. of Health and Human Services, FDA, 5600 Fishers Lane, Room 15-A19, Rockville, MD 20857.

"*Maintain Healthy Weight: Your Health and Your Weight*." Human Nutrition Information Service, United States Dept. of Agriculture. *Home & Garden Bulletin*, Number 253-3. 12 pp. July 1993. Available as a set of bulletins on the Dietary Guidelines for Americans from U.S. Government Printing Office, Superintendent of Documents, Mail Stop: SSPO, Washington, DC 20402-9328. (202) 783-3238.

Your Child Is Overweight: a Guide for Parents. Susan M. Kosharek. Chicago, IL: The American Dietetic Association. 1993. 32 pp. Available from the National Center for Nutrition and Dietetics, Consumer Nutrition Hotline. (800) 366-1655.

Weight Control Programs (in order by year)

The Balancing Act: Nutrition & Weight Guide. Georgia G. Kostas. Dallas, TX: The Balancing Act Nutrition Books, 1993. 223 pp.

Diets & Weight Loss. Larry A. Richardson. Humble, TX: Larry A. Richardson, 1993. 182 pp.

Eat More, Weigh Less: Dr. Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly. Dean Ornish. New York: Harper Collins, 1993. 425 pp.

The "Can Have" Diet and More! The Easy Guide to Informed Exercise and Food Choices. Patricia M. Stein, and Norma J. Winn. Nutrition Counseling Education Services, 1992. 139 pp.

Diets That Work: For Weight Control or Medical Needs (summary of programs). Deralee Scanlon with Larry Strauss. Los Angeles: Lowell House, 1992. 279 pp.

Now That You've Lost It: How to Maintain Your Best Weight. Joyce D. Nash. Palo Alto: Bull Pub. Co., 1992. 228 pp.

Diet Right!: the Consumer's Guide to Diet and Weight Loss Programs. Matthew Quincy. Berkeley, CA: Conari Press, 1991. 121 pp.

The Learn Program for Weight Control: Lifestyle, Exercise, Attitudes, Relationships, Nutrition. Kelly D. Brownell. Dallas, TX: American Health Pub Co., 1991. 216 pp.

The New Fit or Fat. Covert Bailey. Boston: Houghton Mufflin, 1991. 167 pp.

Beyond Dieting: Psychoeducational Interventions for Chronically Obese Women: a Non-Dieting Approach. Donna Ciliska. New York: Brunner/Mazel, 1990. 176 pp.

The Callaway Diet: Successful Permanent Weight Control for Starvers, Stuffers, and Skippers. C. Wayne Callaway with Catherine Whitney. New York: Bantam Books, 1990. 190 pp.

Coping with Diet Fads. June Kozak Kane. New York: Rosen Pub. Group, 1990. 162 pp.

Big Kids: a Parent's Guide to Weight Control for Children. Gregory Alan Archer. CA: New Harbinger Publications, 1989. 161 pp.

Periodical Series

Eating Well. Eating Well Magazine, Ferry Road, Charlotte, VT 05445.

Weight Watcher's Magazine. W/W Twentyfirst Corp., 360 Lexington Ave., New York, NY 10017.

Contacts for Assistance

Local Contacts (listed in telephone directory)

Ask for the:

Dietetic Association (state or regional chapter)	Dietitian
Extension Service (county or state)	Home Economist or Food and Nutrition Specialist
Health Department (city, county, state)	Public Health Nutritionist
Hospital	Dietitian

National Contacts:

Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301
Baltimore Blvd., Beltsville, MD 20705-2351. (301) 504-5719.

National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL
60606-6995. (800) 366-1655.

National Health Information Center, ODPHP, P.O. Box 1133, Washington, DC 20013.
(800) 336-4797.

Office of Consumer Affairs, Food and Drug Administration, 5600 Fishers Lane, Rockville, MD
20857. (301)443-3170.

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